

**Commander Navy Region Southeast  
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Any employee, former employee or applicant, who perceives he/she has been discriminated against in an employment related matter, based on race, color, religion, sex, national origin, age, disability or reprisal for protected activity and who wishes to be counseled by an EEO Counselor, should contact the EEO Case Manager or an EEO Counselor. Contact with a counselor must be initiated within **45** days of the incident OR of learning of the incident. All employees contacting an EEO official will be encouraged to utilize the Alternative Dispute